

1                   **PROGRAM FOR MONITORING CUMULATIVE FITNESS ACTIVITY**

          In accordance with the method, system and program of  
the present invention, at least one type of exercise  
indicator signal associated with exercise performed by a  
particular user is received from a particular exercise  
6       machine in a common transmittable data format at a  
portable computer system provided the particular user.  
Cumulative fitness activity is computed and stored for  
the particular user at the portable computer system  
utilizing the at least one type of exercise indicator  
11       signal and previously accumulated fitness activity data  
at the portable computer system, such that an independent  
portable computer system associated with the particular  
user monitors the real-time cumulative fitness activity  
of the particular user from at least one type of exercise  
16       indicator signal received from at least one exercise  
machine over a period of time.